



LA PALESTRA GUEST SERVICES

Personal Exercise Session

Our Exercise Specialists are highly skilled and experienced professionals who are required to be proficient in multiple disciplines. Each trainer is regularly tested via LA PALESTRA's extremely rigorous ongoing educational curriculum to ensure each staff member is capable of delivering the highest quality exercise experience. Your Personal Exercise Session will include a dynamic warm up, core work, and exercises customized to match your current level of health.

60 minutes.....\$175

Flexibility/Stretch Session

A Flexibility and Stretch session includes a full body stretch focusing on major muscle groups using both active isolated and dynamic/movement techniques. Specifically developed for the traveller, the objective of this session is to restore circulation and full range of motion to the entire body. This session may be used effectively either prior to or after a workout.

30 minutes.....\$90

Running Technique Instruction

The **Pose Method** of running was developed in 1988 by 2-time Olympic Coach, Dr. Nicholas Romanov. Through the utilization of muscle elasticity, ground reaction force, and gravity, the Pose Method of Running has been scientifically proven to reduce impact by 50 percent and improve overall running efficiency. The session includes: theoretical explanation, video gait analysis and review, drilling, and corrective exercises. Some of the benefits of learning the technique include eliminating injuries, increasing flexibility, enhancing endurance, raising speed, reducing recovery time, and improving coordination. Pose Method can be beneficial to any runner from beginner level to the elite athlete. Sessions are administered by certified instructors.

60 Minutes\$190

Central Park Walk or Run

Enjoy a brisk walk or comfortable jog through one of the world's great gems, New York's Central Park. A LA PALESTRA exercise specialist will accompany you along the many paths of this New York icon and expose you to this quintessential New York experience. This session begins with a 5-10 minute stretch and warm up, followed by either a 20 or 40 minute walk or run based specifically on the individual client's current ability. This session ends with 5-10 minutes of stretching, core work, and cool down. (weather permitting)

30 Minutes\$90

60 Minutes\$175



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Nutrition

LA PALESTRA specializes in sports nutrition, medical nutrition therapy and dietary modification for weight management. Counseling sessions may include resting metabolic rate testing, and meal and menu planning targeted to each client's unique needs and lifestyles. Proper fuel and hydration is always essential to each client's success. The LA PALESTRA Nutrition team helps each client achieve their goals by applying sound scientific principles through attentive and compassionate dialogue.

60 Minutes	\$190
30 Minutes Follow Up Session.....	\$95
Body Gem Resting Metabolic Rate Analysis	\$130
Body Gem Resting Metabolic Rate Analysis with Follow Up Session	\$210

“The 5 Essential Exercises”; Circuit Training

Based on the best selling book, *The Anatomy of Strength Training* written by LA PALESTRA founder Pat Manocchia, the 5 Essential Exercises provide the foundation for this highly effective 30 minute circuit. Aimed at utilizing all the bodies major muscles and movements this session can be effective, challenging and tailored to the individual's capacity. Circuit Training consists of a brief warm up and a series of 5 full body exercises, that will benefit not only the muscular but the cardiovascular system as well.

30 Minutes	\$90
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Core Training Session

Core Training includes a 5 minute warm-up followed by basic hip and low back stabilization exercises, then continues to core movements that specifically address the abdominals, obliques, and trunk. Exercises are both isometric and dynamic and intensity will be modified to maximize your individual performance.

30 minutes.....	\$90
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Pilates Session

During a Pilates session you can expect to improve body awareness through an ordered series of exercises that work the entire system from top to bottom. Using a system developed by Joseph Pilates, our certified instructors utilize these specific exercises to achieve functional movement by integrating the muscular system and developing strength, stability and flexibility.

60 minutes.....	\$195
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Yoga Session

Yoga as a form of meditation and physical exercise can be traced all the way back to the 2nd century BC. Yoga is often used as a means for increasing flexibility and balance, while using body weight as a way to develop strength. At LA PALESTRA, yoga sessions are tailored to your particular needs and fitness goals. Our certified instructors have experience in multiple practices including Ashtanga, Hatha and Vinyasa.

60 minutes.....	\$175
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